

Community Resources for Older Adults in the White Bear Area

General Information & Referral Services

MN Senior Linkage Line
800-333-2433
<http://metroaging.org/help-information/senior-linkage-line/>

Statewide Online Access to Community Services
www.minnesotahelp.info

White Bear Area Senior Program
651-653-3121
www.whitebearseniorprogram.org

Police and Fire - Non-Emergency

Ramsey Co. Sheriff
651-484-3366
Vadnais Heights Fire
651-204-6030
WBL Fire
651-429-8569
WBL Police
651-429-8511

Adult Day Center/Respite Care/ Companion

Salvation Army Adult Day Center
651-779-9858
www.LakewoodOnline.org (Adult Day Center)

The Gathering
651-414-5291
www.lyngblomsten.org/community-services/gathering/

2nd Half
612-559-3646
www.lyngblomsten.org/2ndHalf

Lutheran Social Services Neighbor to Neighbor
1-877-540-9443 www.lssmn.org

Adult Protection/Vulnerable Adult Mistreatment

MN Adult Abuse Reporting Center1-844-880-1574

Chore/Home Maintenance/Accessibility Services

LionsHelp-Safety Modifications
651-653-3121
Paint-A-Thon
612-276-1578
<http://www.gmcc.org/paintathon>
Rebuilding Together Livability Program651-776-4273
www.rebuildingtogether-twincities.org

Habitat For Humanity
651-207-1700
www.tchabitat.org

Senior Chore Program
651-429-8544
<http://www.nyfs.org/services/senior-chore/>

Help At Your Door
651-642-1892
www.Helpatyourdoor.org

Financial

Consumer Credit Counseling:
Family Means
651-789-4014
www.familymeans.org
Lutheran Social Services888-577-2227
www.lssmn.org
Energy Assistance
651-645-6470
www.caprw.org
Ramsey County Human Services 651-266-4444
<https://www.ramseycounty.us/>
Reverse Mortgage Counselors
651-690-3141
Social Security
1-866-667-7481
www.ssa.gov
Supplemental Security Income (SSI)1-800-772-1213
www.ssa.gov/ssi/

Health Alert/Personal Emergency Response Systems

Alzheimer's Ass. Medic Alert/Safe Return 888-572-8566
www.alz.org
Fairview Lifeline
952-885-6185
www.fairview.org/Services/HomeCareHospice/Lifeline/index.htm
HealthEast Health Alert
651-232-3560
www.healtheast.org
Phillips Lifeline
1-855-332-7799
www.lifelinesystems.com

Health/Mental Health/Health Insurance

Medicare
800-633-4227
www.medicare.gov
Health Insurance Counseling800-333-2433
www.metroaging.org
NAMI-MN (Natl. Alliance for Mentally Ill) 651-645-2948
<http://www.namihelps.org/>
Office of Ombudsman for Long Term Care ... 651-431-2555
<http://www.mnaging.net/en/Advocate/OLTC.aspx>
Senior Recovery Program (Chem. Dep.) 651-773-0473
<http://seniorrecoverycenter.squarespace.com/>
NYFS - Counseling Services
651-429-8544
<http://www.nyfs.org/services/mental-health/counseling-services/>
Suicide Hotline
1-800-784-2433

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Home Management/Home Health Care (low-income)

Ramsey Cty. Long Term Care Consultation 651-266-3613
www.co.ramsey.mn.us (Residents-Assistance & Support)

Housing

HousingLink (Affordable Rental info.) 612-522-2500
www.housinglink.org
Homeless Shelters
1-800-333-2433
Homeline (rental advocacy/legal help) 612-728-5767
www.homelinemn.org
Senior Housing, Inc.(Care Options)952-945-4022
www.seniorhousinginc.org
Twin Cities Senior Housing Guide651-690-3141
www.seniorhousingguide.us
White Bear Area Senior Program
651-653-3121
www.whitebearseniorprogram.org

Long Term Care

Ramsey County Long Term Care Consult651-266-3613
www.ramseycounty.us/residents/assistance-support/assistance/seniors
Cerenity Care Center of WBL
651-232-1818
<http://cerenityseniorcare.org/locations/whitebearlake/>
Ramsey County Care Center.....
651-777-7486
www.ramseycounty.us/residents/assistance-support/assistance/seniors
Waverly Gardens Care Center.....
651-765-4000
www.waverlygardensphs.org

Legal Advocates/Consumer Assistance

MN Elder Justice Center
651-440-9300
www.elderjusticemn.org
Office of Ombudsman for Long Term Care ... 651-431-2555
<http://www.mnaging.org/Advocate/OLTC.aspx>
Ramsey Cty. Bar Assoc. Attorney Referral 651-224-1775
<http://www.ramseybar.org/attorney-referral-service/>
Senior Law Project (for low income) 1-888-575-2954
www.smrls.org
VOA MN Elder Law Services 612-676-6300

<https://www.voamnwi.org/estate-and-elder-law>

Medical Equipment/Supplies

Metro. Center for Indep. Living (Ramps) 651-603-2029
Assisted Living Store
651-769-1574
www.assistedlivingstore.com
White Bear Health Mart
651-289-4300

Nutrition

Fare for All/Discounted Food
763-450-3880
www.fareforall.org
Hugo Good Neighbors Food Shelf.....651-528-6224
www.hugofoodshelf.org
Mahtomedi Food Shelf
651-395-5350
www.stjudeofthelake.org
Meals on Wheels (White Bear Area)651-653-3121
www.whitebearseniorprogram.org
NAPS (Nutrition Asst. Prog. for Seniors) 651-484-8241
www.2harvest.org
Store to Door
651-642-1892
www.storetodoor.org
Vadnais Heights Food Shelf612-245-9259
www.cityvadnaisheights.com
White Bear Food Shelf
651-407-5310
www.whitebearlakefoodshelf.org

Special Needs

Alzheimer's Helpline
1-800-272-3900
www.alz.org/mnnd/
Deaf & Hard of Hearing Services651-431-5940
<http://mn.gov/dhs/people-we-serve/adults/services/deaf-hard-of-hearing/>
Telephone Equipment Distribution1-800-657-3663
www.mn.gov/dhs/ted-program
Disability Linkage Line
866-333-2466
www.minnesotahelp.info
EZ Help 911(free cell phones for seniors).... 651-429-2374
Handicapped Vehicle Stickers
651-297-3377
Metro Center for Independent Living651-646-8342

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www.mcil-mn.org

Parkinson's MN
763-545-1272

www.parkinsonmn.org

Statewide Services for the Blind
651-539-2325

www.mnssb.org

Support Groups-Health Related or Caregiver Support

White Bear Area Senior Program (Local listing)
651-653-3121 www.whitebearseniorprogram.org

Transportation

Metro Mobility
651-602-1111

<http://metro council.org/Transportation/Services/Metro-Mobility.aspx>

TransitLink
651-602-5465

www.transitlinktc.org

Veterans Benefits

Ramsey County Veterans Service s.....651-266-2545
www.co.ramsey.mn.us/vs

Veterans Administration
1-800-273-8255

www.va.gov

Veteran Affairs – MN Dept. of
1-888-linkvet

www.minnesotaveteran.org